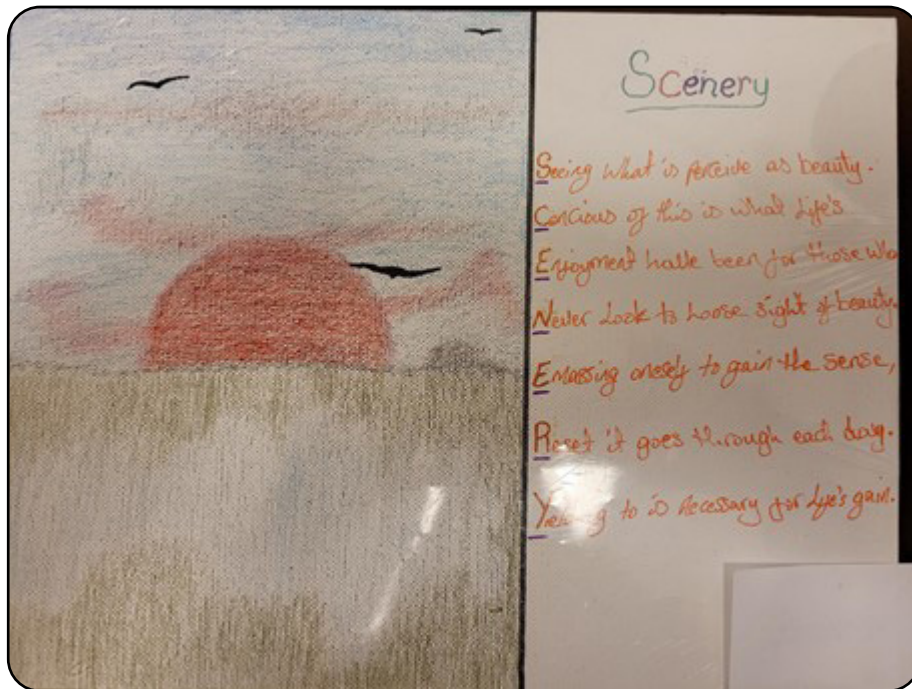


## Forensic Mental Health Community Program



Artwork by: D. Jones

# Forensic Mental Health Community Program

**My East Coast Forensic Hospital (ECFH) community team includes:**

My Forensic Community Coordinator: \_\_\_\_\_

› Phone (office): \_\_\_\_\_

› Phone (cell): \_\_\_\_\_

My psychiatrist: \_\_\_\_\_

› Phone: \_\_\_\_\_

- Other members of your health care team are available as needed. You can consent to have a student as part of your health care team. Your choice will not affect your care.

## **ECFH address:**

88 Gloria McCluskey Avenue, Dartmouth, NS B3B 2B8

## **ECFH phone numbers:**

- ECFH switchboard:
  - › Phone: 902-460-7300
- Unit B nursing station (evenings, weekends, holidays):
  - › Phone: 902-460-7315
  - or
  - › Phone: 902-460-7316

## **Patient/family feedback (Patient Relations):**

- › Phone (toll-free): 1-844-884-4177
- › Email: [healthcareexperience@nshealth.ca](mailto:healthcareexperience@nshealth.ca)
- For more information, ask a member of your health care team for pamphlet 0466, *Your Rights and Responsibilities*, scan the QR code below, or visit:
  - › [www.nshealth.ca/patient-education-resources/0466](http://www.nshealth.ca/patient-education-resources/0466)

Scan the QR code on your smartphone (open the camera on your smartphone, point the camera at the code, and tap the banner or border that appears).



## **Mental Health Mobile Crisis Team:**

- › Phone (toll-free): 1-888-429-8167
- › Phone (HRM): 902-429-8167

## **National Suicide Hotline**

- › Phone or text: 988

**If it is an emergency, call 911, or go to your nearest Emergency Department right away.**

## **What is the ECFH Community Program?**

- You can take part in the program after you are:
  - › given a conditional discharge by the Criminal Code Review Board (CCRB) (see section below and on page 3).
  - › found not criminally responsible (NCR), or unfit to stand trial, for an offense and the court releases you to the community.
- For more information, visit:
  - › [https://novascotia.ca/just/ccrb/ccrb\\_overview.asp](https://novascotia.ca/just/ccrb/ccrb_overview.asp)

## **Forensic Community Coordinator**

- As part of the Community Program, a Forensic Community Coordinator (FCC) will help you. Their goal is to help you stay well and in the community. Your FCC is the link between you, your ECFH health care team, and your community supports (see pages 5 and 6).
- Your FCC will:
  - › Help you plan and get ready for your discharge from the ECFH
  - › Help you manage your risk to reoffend, so you do not have any more trouble with the law
  - › Help support you to live in the community
  - › Help you identify your needs and connect you with programs and services that can support you while living in the community
  - › Help you problem solve to reach your goals
- Your FCC will also work with your support persons (the people in your community who help care for you). They will give you and your support persons a binder with phone numbers and important information about your care. This will help you live well in your community.

## **Conditional discharge**

- If the CCRB gives you a conditional discharge, you must follow the conditions of their disposition (official decision). Your discharge conditions will depend on your situation and risk factors. You may be required to follow discharge conditions like:
  - ☐ Keep the peace (get along with others)
  - ☐ Keep good behaviour
  - ☐ Keep up good mental health (including taking any medications prescribed by your psychiatrist)

- ☐ Follow the instructions of your Community Mental Health Team or service
- ☐ Keep all follow-up appointments with the ECFH Community Program
- ☐ Follow the instructions and conditions of the ECFH Community Program
- ☐ **Do not** use alcohol, cannabis, and/or illegal drugs
- ☐ Take part in random (not planned) urine (pee) drug screening (tests)
- ☐ Live in a location approved by the ECFH and follow the housing rules
- ☐ Tell the CCRB and the ECFH if your address changes
- ☐ Appear before the CCRB when asked
- ☐ Stay in Nova Scotia unless you get approval in writing from the CCRB that you may leave. Requests to travel outside of Nova Scotia can be made to the CCRB through your lawyer.
- ☐ Follow any no-contact orders (an order stating that you may not have contact with anyone involved in your case)
- You will get a copy of your disposition when you are discharged.

## **Living in Nova Scotia**

- The ECFH Community Program can support you in your home community in Nova Scotia if there are services in your area and the ECFH team agrees on your housing.
  - › If you are discharged to the Halifax Regional Municipality (HRM), you will keep the same psychiatrist you had during your admission to ECFH. You may also be connected to other mental health services, if needed.
  - › If you are discharged to a community outside of HRM, you will be connected with a local mental health service for follow-up care.

## **When you are living in the community:**

- **You must follow your CCRB discharge conditions.**
- You will have regular contact with your FCC. This includes in-person and virtual (online) visits, and phone calls.
- The CCRB, your ECFH team, and your community support will work with you to decide how often you need check-ins. This is based on your needs. Any of the information below from any source(s) will be shared with the CCRB:
  - › Your FCC will be in regular contact with you and/or your community supports to check on you.
  - › Your FCC will talk with you about your mental health and risk to reoffend. This is part of checking on how you are doing living in the community. This information will be shared with your forensic care team and may be shared with your other community care providers and/or support persons.
  - › Your FCC will check if you have been following your discharge conditions. including staying away from drugs or alcohol and other illegal substances.
- If your psychiatrist has prescribed a long-acting injectable medication for you, your FCC will connect you with the right health care clinic to get your injection in the community. Your injection will be prescribed to a pharmacy of your choice. You will be expected to bring, or have your medications delivered to your injection appointments.

## **Readmission and care plan changes**

- You may be readmitted to the ECFH, or have changes made to your care plan while living in the community, if:
  - › You have symptoms of mental illness that may raise your risk to yourself and/or others while living in the community.
  - › You are not following your discharge conditions.
- To decide if readmission or care plan changes are needed, your FCC will talk with your support persons about recent care updates or any concerns they may have. This includes:
  - › Your community supports and care providers
  - › Support persons who are involved in your care (like family members or chosen family members)
  - › Your ECFH team, including your psychiatrist

- We will share with you any decisions about readmission or changes to your care plan to help you keep living in the community.
- If you need to be readmitted, we will arrange for your safe return to the ECFH. This may include contacting the police to bring you back if you do not agree to return.
- If you are readmitted to the ECFH, your community access level may be lowered. Your ECFH team will decide if this is needed after you are readmitted.
- Your support persons, including your community supports, are encouraged to contact your FCC if they have concerns about your well-being.

## **Absolute discharge**

- The CCRB may give you an **absolute discharge**. This often happens when a client:
  - › has lived in the community for a long time.
  - › is following their discharge conditions, is actively involved in staying well, and is managing their risk factors.
- When you are given an absolute discharge, you will no longer be followed by your ECFH team or by the CCRB. Your FCC will connect you with community-based programs and services for continued support to maintain your wellness, if you are not already connected.

## **Community supports**

### **Healthy Minds Cooperative**

- › Phone: 902-404-3504
- › Email: [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)
- › [www.healthyminds.ca](http://www.healthyminds.ca)

### **Nova Scotia 211®**

- › Phone: 211
- › Email: [help@ns211.ca](mailto:help@ns211.ca)
- › [www.ns.211.ca](http://www.ns.211.ca)

## **Nova Scotia Health Adult Community Mental Health and Addictions Services — Intake Service**

- › Phone (toll free): 1-855-922-1122
- › Hours: 8:30 a.m. to 4:30 p.m. (Monday to Friday)
- › <https://mha.nshealth.ca/en/services/adult-community-mental-health-and-addictions-services>



## **Patient Rights Advisor Service**

- › Phone: 902-404-3322
- › Phone (toll-free): 1-866-779-3322

## **Protection for Persons in Care Act**

- › <https://novascotia.ca/dhw/ppcact/>
- To report abuse under this Act:
  - › Phone (toll-free): 1-800-225-7225

## **Patient feedback**

- If you wish to share a compliment or a concern about the service you have been provided, please talk with a staff member or ask to talk with the Health Services Manager.
- You can also call the Nova Scotia Health Patient Feedback line:
  - › Phone (toll-free): 1-844-884-4277

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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